

Things to Interest Our Woman Readers

GRIDDLE CAKES AND WAFFLES RECIPES BY

MARION HOLMES

Let me beg of you who make griddle cakes to buy a soapstone griddle and to see that it is never greased! The average griddle is wont to grease the soapstone griddle and thus ruin it, for after fat has once been put on it you can never use it again without greasing. Cook your cakes on this and you diminish their indigestibility almost to the vanishing point.

If you have not a waffle iron, get one and win popularity with your family. When you give them a dinner composed of sausages and a great pile of waffles, instead of the orthodox soup, roast and dessert, they are unlike other households of my acquaintance if they are not delighted with the change and beg for a repetition of it early and often.

Sour Milk Griddle Cakes.

Four cups sour milk, a small teaspoonful of baking soda dissolved thoroughly in a little hot water and added to the milk; a little salt and flour, enough for a batter. Stir well and bake quickly.

Buckwheat Cakes.

Mix a good handful of cornmeal with a quart of buckwheat flour and sift it with a large teaspoonful of salt. Dissolve a yeast cake in a little hot water, put with it a quart of warm water and two tablespoonfuls of molasses, make a hollow in the salted meal and flour and stir in the fluid. Beat hard for five minutes, and put it to rise over night in a sheltered, moderately warm spot. It should be in condition to pour on the griddle and bake the next morning. If it has the least suspicion of sourness about it, put a pinch of soda into a little warm water and stir this into the batter.

I recollect the mystery it seemed to me in my childhood when my mother would issue orders, after the first batch of cakes came in, to have a little soda added to the batter and the approval she would give when the second lot came in, after the addition of the corrective. They all tasted right to me.

Raised Cornmeal Cakes.

Four cups of milk, two cups of white flour, one cup of Indian meal, one teaspoonful of salt, one tablespoonful of molasses and one of melted butter. Half a cake of yeast, dissolved in four tablespoonfuls of warm water. Warm the milk slightly before mixing with it the yeast, salt, flour and meal. Beat hard and set aside to rise in a warm spot until the morning, when you may add the butter and molasses. Beat again vigorously for two or three minutes before baking.

Quick Flannel Cakes.

Cream a tablespoonful of butter with one of sugar, add a pint of milk and a couple of eggs, well beaten. Sift a teaspoonful each of salt and baking powder with a pint of flour, stir the milk, eggs and butter and sugar into this, beat well and bake.

Raised Flannel Cakes.

Make a sponge of a quart of milk, half a yeast cake dissolved in a little warm water, and a quart of flour with which has been sifted a teaspoonful of salt. Let this rise over night and the next morning stir in a tablespoonful of molasses, whipped with one of melted butter and two well beaten eggs. Use your discretion about the batter and if it seems too thick put in a little more flour.

Bread and Milk Griddle Cakes.

Let two cups of bread crumbs soak for half an hour in four cups of milk. Beat in two eggs, which should have been whipped light first, a tablespoonful each of butter and molasses, a teaspoonful of salt, one of baking powder and half a cup of sifted flour. Bake quickly and if you do not use a soapstone griddle, grease the iron griddle well. The crumbs have a tendency to stick.

Rice Griddle Cakes.

Beat a tablespoonful of melted butter into two cups of boiled rice. You will have better luck with this if you warm the rice a little first. Put in a teaspoonful each of salt and of molasses, a couple of well-beaten eggs, a quart of milk and a cup of sifted flour with a teaspoonful of baking powder. These, too, have a tendency to stick and an iron griddle must be well greased before they are baked on it.

Quick Cornmeal Cakes.

Heat two cups of milk to boiling and pour them over a cup of cornmeal. Let this cool, add to it a tablespoonful each of molasses and melted butter, a teaspoonful of salt, a half cup of flour with which you have sifted a teaspoonful of baking powder, last of all whip in two eggs, beaten very light. If the batter is too thin, add a little flour to bring it to the right consistency; if too thick thin it with cold milk.

Quick Waffles.

Beat separately the yolks and whites of three eggs, add the yolks to two cups of milk and put with them

a tablespoonful of melted butter or half hard, half butter. Set this aside while you sift a teaspoonful of baking powder and one of salt, with a pint of flour. Make a hollow in this, stir in your milk and yolks and when you have beaten these well, whip in the stiff whites of the eggs, and bake.

Be careful to grease your waffle iron thoroughly. If it has not been used for some time and may be a trifle rusty, rub it well first with dry salt. Wash this off and be sure the iron is dry and hot before you begin to grease it. For this you may use a brush dipped in melted lard, a bit of fat salt pork on the end of a fork or a little lard tied up in a small piece of white cloth. For myself, I prefer the brush and have found it more effective.

Raised Waffles.

Dissolve half a yeast cake in four tablespoonfuls of warm water, mix with a quart of milk, stir into a quart of flour which you have sifted with a teaspoonful of salt, beat hard and set to rise covered, in a warm place, overnight. In the morning whip in a tablespoonful of melted butter and two well-beaten eggs and bake.

Or you may set this mixture to rise in the morning and it will be ready for supper.

Rice Waffles.

Put a tablespoonful of melted lard or lard and butter and a tablespoonful of salt with a cup of cold boiled rice and rub until smooth. Beat three eggs light and whip these into the rice, add a quart of milk and three cups of flour which you have sifted with a rounded teaspoonful of baking powder. Be especially careful with these waffles to have the iron well greased, to guard against the rice sticking.

In my young days powdered sugar with a little cinnamon sifted through it was the invariable accompaniment of waffles for supper and to this day I know of nothing much better, although maple syrup is a close second.

BLOUSE WITH RIBBON SIDE FRILL



Side frills of striped ribbon are worn with many smart blouses, usually with those of plain material like the one in the picture. This model is of white chiffon, with a frill of black and white chiffon ribbon, trimmed with silk covered buttons. The ribbon belt is finished with a plaited frill of the ribbon. Matching the blouse is the hat worn with it, the trimming being of black and white plaited ribbon.

ONE LOVELY THING

ABOUT BLOATERS.

If you have a caviar appetite and a bloater pocketbook just read this and profit accordingly. Like most foods with a peculiarly attractive and delicate flavor, caviar is expensive. This fact holds an important consumption of it in check. As a matter of fact, however, caviar differs very little in composition from the much more familiar milk of the herring or the bloater roe.

Bloater roe, like caviar, is rich in lecithin, according to the Lancet. Medical men have regarded caviar as oily, indigestible and unwholesome, but the Lancet disputes the accuracy of this view. The fat in caviar contains the peculiar oily phosphorus compound known as lecithin, which is a stimulant to metabolism, affecting favorably the processes of nutrition. Caviar is, in fact, highly nutritive and its digestibility has been determined, the time required for its absorption being relatively short. The proteins of caviar contain a good deal of nuclei.

All these good points are shared in by the humble bloater roe, so in case you cannot afford caviar the bloater is always within reach.

Peach Snowdrift.

Drain a can of peaches; take a teaspoonful of sugar and one and one-half cups of the peach juice and boil them until the syrup is clear and rich. Drop the peaches in and let them cook a short time, not long enough to break them. Lay them in a glass dish and pour over them the snowdrift made by boiling one pint of milk, one-half cup of sugar and two tablespoonfuls of cornstarch until thick and smooth; add the stiffly beaten whites of three eggs and a teaspoonful of vanilla. Serve cold with the following sauce: One cup of peach juice, one-half cup of sugar and one teaspoonful each of cornstarch and butter. Mix cornstarch with sugar, add fruit syrup, boil five minutes and add the butter just before the last two minutes.

Warm Over Roast Beef.
Put the cold roast beef left from dinner the previous day into a dripping pan together with a cupful of stock and allow it to just heat through. Turn and baste it often. Place on a hot platter and pour around it the following hot sauce: Melt a tablespoonful of butter in a saucepan and stir into it a spoonful of flour until smooth; add a cupful of stock, a teaspoonful of Worcester-shire sauce, one-half teaspoonful of salt, a dash of pepper and whatever kind of vegetable may be left from previous meals, two cups or less cut fine and added to the sauce; turnips, carrots, peas or cauliflower may be used. When hot pour around the meat and serve.

Olive Squares.
Cut thin squares of brown bread, butter each slice and sprinkle slightly with salt and pepper. Stone eight olives, chop them with two stalks of celery, one tiny cucumber pickle, a teaspoonful of catsup, a saltspoonful of salt, a pinch of pepper and a very little made mustard—just about the eighth of a teaspoonful. Mix well, spread on the brown bread, with another slice of buttered bread, pile in a square. If slices of cold meat are wished they can be laid next the bread with the chopped olives placed on them. This is excellent for luncheon or as an addition to a little supper.

Brown Biscuit.
Set a dough overnight of two cups of Graham flour, one cup of white flour, one cup of milk, two tablespoonfuls of brown sugar, one-half teaspoonful of salt and four tablespoonfuls of good yeast. In the morning knead, adding one large tablespoonful of melted butter, one-half teaspoonful of soda dissolved in hot water, before kneading; cover closely and keep moderately warm. One hour before luncheon roll out a half-inch thick, cut with a cake cutter, range in a greased pan, glazing the tops with melted butter; when light bake quickly.

Spanish Soup.
Soak one pint of white beans over night, boil them the next morning until tender, add one small white cabbage which has been cut up fine, a bit of bacon, a whole red pepper and some salt; boil the whole for an hour. Heat some lard or drippings in a saucepan and fry in it a sliced onion; put in the soup little by little, stirring often with a wooden spoon. A little olive butter and garlic make this a perfect representative of the favorite soup kept for all travelers in Spanish climes.

Waffles.
Mix one pint of sifted flour into a smooth paste with one pint of milk. Beat in a tablespoonful of butter and a little salt and lastly two eggs beaten light. Have waffle iron hot and ready greased, pour in enough batter to cover the lower side and close the upper one gently down upon it. Keep over fire for half a minute and turn over for same length of time. Remove and place in the oven a few moments to crisp.

Rabbit Stew.
Wash well the rabbit, cut it into quarters, lard them well with slices of bacon and fry them; then put them into a stew pan with little more than a pint of broth or stock, some savory herbs, salt and pepper to taste. Simmer gently until the rabbit is tender; then strain the gravy, thicken it with flour and butter, give one boil, pour over the rabbit, and serve. Garnish with slices of bacon.

Fairy Gingerbread.
One cupful of butter, two cups of sugar, one cupful of milk, four cups of flour, one-third of a teaspoonful of soda, one tablespoonful of ginger. Beat the butter to a cream; add the sugar gradually and when light the ginger; then add the milk in which the soda has been dissolved and finally the flour. Turn the baking pans upside down and wipe the bottoms clean.



Putting Threads into Character.
"I hate to pull out threads," said a young girl impatiently. "When my sister makes dresses she always makes me pull out threads. And I just loathe it. It takes so long, and you never seem to be doing anything."

Looked at superficially, pulling out threads does seem insignificant. But looked at more deeply, such work looms large with import.

It isn't the actual pulling out of the threads that counts. But it is the patience and thoroughness, we build into our character by pulling out threads, that is the real work we are doing.

We all pull out threads of one kind or another, because we all need to learn these lessons. But after we have learned them, we go on to bigger work. And if we refuse to learn them, we'll never be capable of doing the finer tasks.

The big things of life call for patience and strength and thoroughness, and we are weaving these into our character and making it able to do the work that waits for us, when we

are pulling out threads. And if we do not make ourselves do it, the work will be passed on to others, and we will miss some of the rich gifts intended for us.

So we should not grumble when the great Schoolmaster sets us the task of pulling out threads, but rather rejoice at what this signifies. It means that there is big work waiting for us when we are ready for it. So we should jump cheerily into the task of learning our lesson, and master it as quickly as possible. When we can take up any piece of insignificant and unpleasant work and do it carefully, thoroughly, without grumbling, without really feeling any vexation or irritation at having to do it, we have learned the lesson that has been set us. And such work really must have no power over us at all. We must be indifferent to it, be able to rise above it. It must be unable to prick us in any way.

And when we have arrived at this state, rest assured, bigger work will be given us. We will pass on to something that is joy to our soul.

WHAT WOMEN ARE DOING

Four new resident fellowships were founded by the directors of Bryn Mawr College at a recent meeting. These fellowships have a value of \$525 each. One is to be called the Justus C. Strawbridge fellowship, in memory of a former trustee, and to be given in the department of economics. Another is to be given in the department of Semitic languages and Biblical literature, and one each in the departments of archaeology and geology. These fellowships are open to candidates who are graduates of any college or university of standing who have done one year's graduate work after receiving the bachelor's degree.

Mrs. Caroline M. Engler, a prominent clubwoman, is at the head of the movement to build a home for the working girls of Lynn, Mass. The home as now planned is to cost \$75,000 and the building is to be started as soon as \$50,000 is raised. About 5000 girls are said to be employed in the factories of Lynn, more than half of whom live in lodgings. The Young Women's Reading and Rest Rooms under the chaperonage of Miss Myra Foss is the nearest approach of a home for working girls in Lynn. Miss Foss conducts a social club for working girls, where a limited number can take their lunch and entertain their friends. She also undertakes to find suitable lodging houses for girls, and in her last report of her work called attention to the increasing demand for a home for girls who come to work in the shoe factories of Lynn.

Mrs. Cyrus H. McCormick of Chicago delivered one of the most noticeable speeches heard at a recent suffrage meeting held in the home of Mrs. Hobart Chatfield-Taylor in Chicago. Her subject was "The Expedition of Women Suffrage." Miss Harriet Monroe spoke on "The Woman;" George H. Mead, professor of social psychology at the University of Chicago, on "Woman Suffrage in Democracy;" Mrs. Alice Duer Miller on "The Next Step;" Mrs. Crystal Eastman Benedict on "The Firing Line;" and Mrs. Joseph Tilton Bowen on "What Has Been Accomplished in the Suffrage States and What May Be Expected."

Blister them and spread the cake thin upon them. Bake in a moderate oven until brown. While still hot cut into squares with a cake knife and slip from the pan. Keep in a tin box; this is delicious. This quantity is sufficient for several days. Remember to spread it as thin as a wafer and cut it the instant it is taken from the oven.

Veal Cutlets With Tomato Sauce.
Select the nicest cuts of veal chops, sprinkle lightly with salt and pepper, then roll in cracker crumbs and fry in plenty of butter until well done. Have ready a sauce made of one coffee cup of canned tomatoes, in which has been cooked one small onion chopped fine; add a saltspoonful of salt and half as much pepper. Cook slowly a long time until the onion is tender and the sauce thick. Add a teaspoonful of butter and pour over the chops. Serve hot at once.

Egg Rolls.
Two eggs well beaten, one teaspoonful of milk, one tablespoonful of lard, a pinch of salt, two teaspoonfuls of baking powder and two pints of flour. Roll out, cut and bake in a hot oven.

pected in Illinois." Miss Jane Addams presided at the meeting. There were 500 present.

A school instructing women in the practical details of everyday life has just been established in London. Students are taught how to open a window and put up a shade in a railway carriage, how to get off and on a street car, the proper method of doing up umbrellas, how to fill a fountain pen and trim a lamp. Other courses taught include opening packing cases and tin cans, how to drive nails, how to fold clothes, how to pull corks, how to light a fire and the kind of shoe to wear to conserve health, and when to wear them. A specialty is made of the feeding and care of dogs and other animals and the theories of sanitation. Lectures are given on the prices of food materials for clothing and the quantities needed for a stated number of persons.

Mrs. Alice P. Bates has resigned as president of the Thursday Morning Fortnightly Club of Dorchester, Mass. The Fortnightly Club is a philanthropic organization and Mrs. Bates has been its president for more than fifteen years. During this time the club has established two rest rooms at the Mount Pleasant Home, a fund for convalescing working girls and a parlor in a working girls' hotel; has sent stockings and mittens to the life saving station at Hull, while many widows with families dependent on them have been substantially helped.

Mrs. Medill McCormick has been gathering data in regard to the wages of girls in various parts of the United States and reports that many are working in Chicago for less than \$4.50 a week, while in Washington City she came across a class who are paid but \$1.75 a week. She recently appealed to the clubwomen of Chicago to take definite steps toward the formation of a minimum wage commission for women and minors in the State of Illinois. The Chicago Woman's Club is now planning to form such a committee. Mrs. McCormick thinks the lowest wages upon which a girl can live and keep her health and self-respect is \$10 a week.

Miss Amy K. Williams is the first woman to be elected president of the London Teachers Association. Miss Williams is head mistress of the Broadwater road school, Tooting, London. After serving five years as a student teacher she became a teacher's assistant, from which place she was promoted in 1901 to head mistress. Last year she was elected head of the National Union of Teachers and served on four of the union sub-committees. She is the treasurer of the Women Teachers Union and is a declared opponent to the system of large classes.

Miss Alice M. Broughton is the superintendent of luncheons for the Home and School League of Philadelphia, which has just issued its first annual report on its work in serving luncheons in the public schools of that city. The luncheons are divided into two classes, one costing one cent, the other three cents. During a single month 8052 one cent and 800 three cent luncheons were served in one of the more popular schools.

SOME USES FOR DRY BREAD

By Christine Terhune Herrick.

I never see a half loaf of bread, a pile of crusts or broken slices or rolls and biscuit thrown into a garbage pail—and I see such remnants often on the side the area doors of comfortable-looking houses—but what I marvel at is the wastefulness of the cooks who consign them to destruction. There are so many ways in which left-over bread may be made to help economy.

Most of us know certain obvious methods. We save dry bread to use for crumbs, drying broken pieces in the oven and crushing them with the rolling pin when the pieces are crisp, stowing the crumbs in glass jars to have ready for service. We keep the stale bread in loaves for toast and for bread puddings. How much more do we achieve than this? How many dishes have we in our repertory in which stale bread can be used for a foundation?

The following are a few of them. If any housekeepers have other recipes for the same sort of thing I would be glad to hear from them.

Baked Milk Toast.

Trim the crust from slices of bread cut of medium thickness, toast the bread lightly on both sides, and then butter it thinly. Lay the slices in the pudding dish in which you wish to serve it, sprinkling each slice with a little salt and pour over all as much milk as the dish will hold. If you are in a hurry for the dish you can heat the milk before using it, but if not the cold milk will answer. Cover the dish, set it on the oven and bake for twenty minutes, uncover in and brown lightly on top. Serve in the dish in which it was cooked. This is a very different thing from the item usually known as milk toast and will win popularity from all who are once lucky enough to eat it. If you can use rich unskimmed milk or add a little cream the dish will be so much the better.

Tomato Toast.

Prepare the toast as directed in the preceding recipe, but lay it in a shallow dish or on a deep platter. Rub a pint of stewed tomatoes, either fresh or canned, through a colander, season with pepper and salt and enough sugar to do away with the acidity of the tomato, put it over the fire to heat and when it is smoking hot stir in a lump of butter the size of an egg. In another saucepan heat a cup of milk, thicken it with a teaspoonful each of flour and butter, put in a tiny pinch of soda, mix with the tomato just before the dish is needed, turn both over the toast, cover it and let it stand three minutes before serving.

This is a very good dish to serve with cold meat at luncheon or at supper.

Baked Bread and Cheese.

Slice stale bread half an inch thick and lay it in a pudding dish with alternate layers of cheese sliced quite thin. Sprinkle each slice with a little salt. When the dish is full, making cheese the top stratum, pour in milk slowly, so that the bread will soak it all up. The milk should cover the bread and nearly fill the dish. Cover this and let it bake for half an hour, uncover it and brown. The bread will puff up and the dish should look as good as it tastes.

I don't know a better, cheaper or more nutritious dish for a cold day's lunch or supper.

Cheese Toast.

Mix a cup of grated or shaved dairy cheese with a tablespoonful of butter, a very little made mustard, a still smaller quantity of red pepper, salt to taste and spread it on buttered toast—very lightly toasted; put the slices on a pan in the oven and leave there until the cheese melts and runs down the sides of the toast. Serve hot.

Cheese Patties.

For this you will need a loaf of stale bread. Cut it in slices a full inch thick, trim off the crust, and cut the bread into rounds with a large biscuit cutter. Cut each round nearly through the inner circle. Set the patties thus made in the oven—a cool oven—to dry and crisp, while you make a mixture of a cup of grated cheese mixed with as much bread crumbs—that scooped from the rounds will answer—a cup of milk, a tablespoonful of butter and salt and pepper to taste. Put all over the fire in a double boiler and cook until the cheese is melted and all the ingredients are well blended; stir in then a beaten egg and let this cook for two minutes. Remove from the fire and fill your bread cups with the mixture, set them back in a hot oven for two minutes longer and send to table.

Brewis.

Break bread crumbs and crust, into small bits, heat a quart of milk in a double boiler and when it is scalding add a teaspoonful of salt. Stir in your broken bread, using only so much as will absorb the milk and make a mixture about the thickness of porridge. To your quart of milk allow two full tablespoonfuls of butter, stir constantly

until all are well mixed and tender and serve very hot.

This is a New England dish and will prove a pleasant variety once in a while on the breakfast porridge or the children's supper bread and milk.

Browned Milk Toast.

Cut your stale bread, crumb and crust alike into neat small pieces, lay it in an open pan in the oven and brown it evenly. Don't scorch it, but bring it to a good brown. To a quart of milk made hot in a double boiler, add two heaping teaspoonfuls of cornstarch, wet up with cold milk and a half teaspoonful of butter. Salt to taste, put in your browned bread and cook altogether for five minutes, stirring steadily. The bread will take up a good deal of the sauce. This is a variation on the brewis, given above.

Savory Toast.

For this you may use any well seasoned gravy you have or, if you have none, make it from stock or soup, or canned soup. See that it is well seasoned and slightly thickened. Heat it boiling hot, add salt and pepper to taste, make slices of toast and pour the gravy over them. Set them in the oven for five minutes and serve. This will take the place of a regular meat dish at breakfast, luncheon or supper.

Giblet Toast.

Cook the giblets of poultry tender, take them from the stock in which they boiled and chop them fine. Thicken the gravy with browned flour, add a little onion juice, pepper and salt and kitchen bouquet, return the chopped giblets to the gravy and pour this on slices of lightly buttered toast.

For another such dish as this you can use remnants of cold meat of any sort, of which there is not enough to make a dish alone. With gravy or stock or meat extract you can thus make an appetizing dish of apparently useless left-overs.

Celery Toast.

Cook together outer stalks and roots of celery, in a little water, first cutting them into small pieces. Take them from the water and to half a cup of this put a cupful of good, rich milk. Thicken it with a tablespoonful each of butter and flour, salt and pepper to taste, put the celery back into it and pour all over buttered toast. Leave it in the oven three or four minutes before serving.

Once your ingenuity is started there is no end to the dishes you can compass with toast as a foundation. Fried bread is also useful.

Fried Bread.

Cut bread half an inch thick, trim off the crust and fry lightly in butter or good dripping. Serve minced meat upon it or use it as a garnish to dishes of mince of any sort.

CROUTONS.

For this slice the bread half an inch thick, using only the crumb, cut it into dice and either fry them in hot dripping or butter or brown them dry in the oven. The dried crouton may be kept in a jar for days and are to be used in soup of almost any kind, vegetable or meat. They help out the supply and add to its food value as well as to its taste. The fried croutons are especially good for bean soup or for tomato soup.

As I say, these are only a few of the uses of stale bread, but they will show the extravagance of wasting even a slice of it. When you think of the bread crumbs which are needed for stuffing poultry and veal, for stuffed eggplant, tomatoes, cabbage and the like, for breading croquettes and cutlets, for thickening certain compounds, of the stale bread used for puddings, of which there is a goodly number, I fancy your conscience will smite you at the recollection that you ever tossed even a crust, much less a whole slice or the heel of a loaf into the garbage can.

BECOME EFFICIENT.

It is a complaint often made concerning women that they will not interest themselves in their work sufficiently to master it, or even to improve therein to any noticeable extent, and this applies to too many women in every walk of life.

They take up some new pursuit with enthusiasm, but afterwards seem contented to potter along, not perfecting themselves or giving any deep study to the work that occupies them.

The average girl clerk, for instance, might take pains in her spare moments to become an expert typist and shorthand writer, and thus increase her value tenfold. Or if she has a smattering of French or German she might study in the evening and become a good linguist.

A girl at home, who devotes a certain time to practicing every day, might develop into a skillful accompanist or player of dance music, even if it does not lie in her power to astonish the world.

Fine Job Printing at the Star office.